

# Staff are happy and healthy

1 2 3 4 5 6 7 8 9 10

**SHARE**



**STOP**



**START**



# Staff are happy and healthy

**- AIMS -**

- 1
- 2
- 3

1 - Quick win | 2 - Within a term | 3 - Within a year

**1**

- Who -

- How -

- KPI -

**Next step:**

**2**

- Who -

- How -

- KPI -

**Next step:**

**3**

- Who -

- How -

- KPI -

**Next step:**

# Our setting feels safe & welcoming

1 2 3 4 5 6 7 8 9 10

**SHARE**

**STOP**

**START**

# Our setting feels safe & welcoming

**- AIMS -**

1  
2  
3

1 - Quick win | 2 - Within a term | 3 - Within a year

**1**

- Who -

- How -

- KPI -

**Next step:**

**2**

- Who -

- How -

- KPI -

**Next step:**

**3**

- Who -

- How -

- KPI -

**Next step:**

# Every learner feels heard

1 2 3 4 5 6 7 8 9 10

**SHARE**



**STOP**



**START**



# Every learner feels heard

**- AIMS -**

1  
2  
3

1 - Quick win | 2 - Within a term | 3 - Within a year

**1**

- Who -

- How -

- KPI -

**Next step:**

**2**

- Who -

- How -

- KPI -

**Next step:**

**3**

- Who -

- How -

- KPI -

**Next step:**

**We recognise and support vulnerable learners**

1 2 3 4 5 6 7 8 9 10

**SHARE**



**STOP**



**START**



# We recognise and support vulnerable learners

**- AIMS -**

1  
2  
3

1 - Quick win | 2 - Within a term | 3 - Within a year

**1**

- Who -

- How -

- KPI -

**Next step:**

**2**

- Who -

- How -

- KPI -

**Next step:**

**3**

- Who -

- How -

- KPI -

**Next step:**



# Families positively engage

1 2 3 4 5 6 7 8 9 10

**SHARE**



**STOP**



**START**



# Families positively engage

**- AIMS -**

- 1
- 2
- 3

1 - Quick win | 2 - Within a term | 3 - Within a year

**1**

- Who -

- How -

- KPI -

**Next step:**

**2**

- Who -

- How -

- KPI -

**Next step:**

**3**

- Who -

- How -

- KPI -

**Next step:**

**Help is sought when needed**

1 2 3 4 5 6 7 8 9 10

**SHARE**



**STOP**



**START**



# Help is sought when needed

**- AIMS -**

1  
2  
3

1 - Quick win | 2 - Within a term | 3 - Within a year

**1**

- Who -

- How -

- KPI -

**Next step:**

**2**

- Who -

- How -

- KPI -

**Next step:**

**3**

- Who -

- How -

- KPI -

**Next step:**

# Mentally Healthy School Worksheets

## - Supporting Notes -

The worksheets are repeated for each of the six areas:

1. Staff are happy and healthy
2. Our setting feels safe and welcoming
3. Every learner feels heard
4. We recognise and support vulnerable learners
5. Families positively engage
6. Help is sought when needed

The notes below suggest how to use the worksheets, but feel free to ad lib!

### **1-10**

For each area, start by ranking yourself from 1 to 10. Be honest. This is your baseline and will help you decide which areas to prioritise. A good first question is 'what would we need to do to move up one point?' as this feels possible and sustainable.

### **Share**

This space is to record what you're already doing well. These are things you might ensure are shared widely throughout your setting and, perhaps, beyond.

### **Stop**

Make a note of anything that you think you need to stop doing or could do a little differently in order to make progress in this area.

### **Start**

This is a space to brainstorm a range of ideas that you could try

### **Aims**

Set yourself 3 aims. One you can start on immediately, one that will take a little more time but could be in effect within a term and one that might take 6-12 months to achieve.

## **Who**

Here, list people who could be responsible or who could be involved or who might need to be persuaded

## **How**

In this space, briefly outline some ideas for how to achieve the aim and actions that will need to be taken. You might also choose to make a note of any obstacles that may need to be overcome.

## **KPI**

Try to make your aim measurable. Have a think about how you'll know you're making progress, what indicators might show you that things are headed in the right direction?

## **Next Step**

Never be tempted to skip this step! This is where you'll note the first or next thing that needs to happen in order to take you one step closer to your aim. This should feel small and achievable because the first step often feels the hardest so we want something doable to set us on our way. It doesn't have to be a step you carry out yourself, but if you're delegating it, make it clear who owns this step and make a plan for sharing it.

Once you've finished this exercise, your next steps form your to-do list. You'll have a lot if you go through all six areas and I would advise that you start with the next steps from the area in which you rated yourself the lowest on the 1-10 score. This way your current challenges are one small step closer to being your future strengths.

## **Review**

This is designed to act as a springboard and starting point. Decide right away, when you'll review your progress and with whom. This will help you all to hold yourselves accountable and this type of deadline is brilliant for ensuring things actually happen.